

University of Groningen

Dysfunctional beliefs in the understanding & treatment of obsessive compulsive disorder

Polman, Annemieke

IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

Document Version

Publisher's PDF, also known as Version of record

Publication date:

2010

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Polman, A. (2010). *Dysfunctional beliefs in the understanding & treatment of obsessive compulsive disorder*. [Thesis fully internal (DIV), Rijksuniversiteit Groningen]. s.n.

Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

The publication may also be distributed here under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license. More information can be found on the University of Groningen website: <https://www.rug.nl/library/open-access/self-archiving-pure/taverne-amendment>.

Take-down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.

A large, light gray, stylized letter 'A' serves as the background for the page. It is composed of two main triangular sections meeting at a central point, with a smaller white triangle cut out from the center.

Appendix

Inferential Confusion Questionnaire

1. I am sometimes more convinced by what might be there than by what I actually see.
 2. I sometimes invent stories about certain dangers that might be there without paying attention to what I actually see.
 3. I sometimes know there is a danger solely on the basis of my understanding of something and so there is no need to look.
 4. No matter where you are, you can never be sure whether you are safe.
 5. As soon as I think there might be danger, I immediately take precautions to avoid it.
 6. I often cannot tell whether something is safe, because things are not what they appear to be.
 7. Sometimes I have the idea that danger is near even though there is no obvious reason.
 8. Even if I don't have any actual proof of a certain danger, my imagination can convince me otherwise.
 9. There are many invisible dangers.
 10. Just the thought that there could be danger is proof enough for me that there is.
 11. I often know a problem exists even though I don't have visible proof.
 12. My imagination can make me lose confidence in what I actually perceive.
 13. Even if I have all sorts of visible evidence against the existence of a certain danger, I still feel that it will occur.
 14. I am more often afraid of something that I cannot see rather than something I can see.
 15. I often react to a scenario that might happen as if it is actually happening.
-

